



GREATER NAPLES FIRE RESCUE WALK TO WELLNESS

HEALTHY EATING

https://www.healthline.com/nutrition/healthy-eating-for-beginners#TOC_TITLE_HDR_7

UNITED HEALTHCARE

1. Login to www.myuhc.com
2. Go to Health Resources
3. Select either:
 - ⇒ Rally
 - ⇒ Lose Weight with a Coach

EXERCISE

<https://www.nia.nih.gov/health/four-types-exercise-can-improve-your-health-and-physical-ability>

MENTAL HEALTH

NAMI: <https://www.nami.org/Get-Involved/Awareness-events>

Meditation: <https://www.healthline.com/nutrition/12-benefits-of-meditation#3.-Promotes-emotional-health>

INTERMITTENT FASTING

<https://www.healthline.com/nutrition/intermittent-fasting-guide>

HELPFUL APPS

- Lose It!
- MyFitnessPal
- FitBit
- Weight Watchers
- Noom

BLUE ZONE PROJECT

<https://www.bluezones.com/>